



The LIFESAVER newsletter is published to communicate safety and wellness to all Rutland Co. employees. Our hope is to encourage you to make safe and healthy choices

Home Safe Home	1
Smart Steps	1
Kubly's Korner	2
Fall Fitness Tips	2
A Look Ahead	2



## The Lighter Side



# LifeSaver

## Safety & Wellness



### **Home Safe Home; steps to make your home a true "safe haven"**

#### **Sleep Safe**

Install Carbon Monoxide alarms near sleeping areas: Each year, more than 15,000 people visit the emergency room and 500 die from unintentional carbon monoxide exposure.\* Many people aren't familiar with the signs of exposure. Are you?

#### **Keep it to Treats, No Tricks**

Keep the scariest night of the year fun by purchasing flame retardant costumes and teaching your kids about Halloween safety.

#### **Be Alarmed**

October is Fire Safety month. Make sure that you have smoke alarms on each floor of your home, test them weekly and change the batteries twice a year.

#### **Climb with Care**

When using ladders to clean gutters or decorate, check the rungs, make sure the ladder is securely placed and don't overdo the angle when propping it against your home

#### **Look for UL**

Look for the UL Mark on electronics (like that new widescreen for the big game) and other appliances

#### **Stay Three Feet from the Heat**

Keep children at least three feet from sources of heat such as space heaters, stoves, fireplaces and lit candles.

## Smart Steps Employee Wellness Program

The Surgeon General has declared that tobacco use is the most preventable cause of disease and death in the United States. Each year, smoking is estimated to cause 443,000 deaths and 8.6 million serious illnesses in the United States. Tobacco use also creates a significant economic burden for the country, with tobacco-related illnesses costing more than \$96 billion in medical expenses and \$97 billion in lost productivity each year. Smokers are at a higher risk of death and illness due to lung cancer, coronary heart disease, chronic lung disease, stroke, and other cancers.

Yet smokers are not the only persons at an increased risk of death and disease from tobacco use. Secondhand smoke causes premature death and disease in children and nonsmoking adults. Secondhand smoke exposure causes heart disease and lung cancer in nonsmoking adults and sudden infant death syndrome, acute respiratory infections, middle ear disease, more severe asthma, respiratory symptoms, and slowed lung growth in children. Because their bodies are still developing, children are especially susceptible to the effects of secondhand smoke. Exposure to secondhand smoke for as little as 10 seconds can stimulate asthmatic symptoms in children.

If you are serious about quitting and are covered under the RC Medical plan, schedule an appointment with the Med Point clinic at 904-6770 to discuss your options. Cigna provides an 8 week program 'Quit Today' 1.866.417.7848 that includes coaching, workbook, and free over-the-counter nicotine replacement therapy (patch or gum).

## Kubly's Korner

Article provided by BOE  
Safe School Manager,  
Josh Kubly

### Did you know?

Murfreesboro was established in July 1812 consisting of 60 acres

## Fall Fitness Tips:



**Red Ribbon Week** is the nation's oldest and largest drug prevention program reaching millions of Americans during the last week of October every year. The 2012 theme is "The Best Me Is Drug Free". By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug-free life and pay tribute to DEA Special Agent Enrique "Kiki" Camarena who was an 11-year veteran of the DEA assigned to the Guadalajara, Mexico. In 1985, while on assignment, he was kidnapped, brutally tortured, and murdered by Mexican drug traffickers. His tragic death opened the eyes of many Americans to the dangers of drugs and the international scope of the drug trade.

**LOCK YOUR MEDS** Every day, 3,300 more children begin experimenting with prescription drugs. 70% of those who have abused pain medication say they get the medication from friends and family. Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

**TAKE INVENTORY** Download your Home Medicine Inventory Card on [www.nfp.org/lockyourmeds](http://www.nfp.org/lockyourmeds), write down the name and amount of medications you currently have and regularly check to see that nothing is missing.

**EDUCATE YOURSELF & YOUR CHILD** Learn about the most commonly abused types of prescription medications (pain relievers, sedatives, stimulants and tranquilizers). Then, communicate the dangers to your child regularly; once is not enough.

**SET CLEAR RULES & MONITOR BEHAVIOR** Express your disapproval of using prescription drugs without a prescription. Monitor your child's behavior to ensure that the rules are being followed.

**PASS IT ON** Share your knowledge, experience and support with the parents of your child's friends. Together, you can create a tipping point for change and raise safe, healthy and drug-free children.

**PROPERLY DISPOSE OF OLD AND UNUSED MEDICATIONS** For guidelines on safe and proper disposal of medications, visit [www.nfp.org/safemeddisposal](http://www.nfp.org/safemeddisposal).

### Safety Word Search

R	T	G	A	F	G	Y	U	L	R	H
E	M	E	R	G	E	N	C	Y	W	N
S	W	P	Q	D	N	Z	J	U	F	L
S	V	T	E	Z	E	Y	Q	C	I	V
E	S	M	X	J	R	T	M	L	S	P
N	K	C	P	Z	D	E	C	M	M	R
E	M	A	O	D	L	F	O	J	N	O
R	R	R	S	B	I	A	J	O	Q	T
A	A	B	U	Q	H	S	U	M	N	E
W	L	O	R	R	C	O	A	S	C	C
A	A	N	E	U	D	C	P	P	T	T

Alarm	exposure
Awareness	protect
Carbon	safety
Children	emergency

**1. Take advantage of the weather.** Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot. These months are a great time to exercise outdoors and enjoy cooler temperatures. *Walking, hiking and cycling are all awesome in the fall.*

**2. Think outside the box.** Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Ask any schoolchild: Fall is a great time to learn something new. Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you.

**3. Strive for the 3 Cs.** commitment, convenience, and consistency, having all three will lead to a successful fitness program. First, exercise takes **commitment**. The biggest complaint is, a lack of time. We're all busy; that's just part of our lives. **Convenience** means choosing a gym that's close by, or an activity you can do at home, or a time when you're not likely to be interrupted. Finally, there's **consistency**. Experts say, "It's better to work out for 10 minutes a day rather than one hour every month".

## A Look Ahead

Oct 13	The Middle Half marathon
Oct 19 & 27	Ghost tour at Sam Davis Home
Oct 27	The Run for Him-Bruce Gilley 5k/10k
Nov 2-18	A Chorus Line (musical)
Nov 10	The Piece Dash 5k
Nov 22	BoroDash (4 mile Thanksgivings Day run)
Dec 14-16	A Christmas Carol at Lamplighter's Theatre (Smyrna)